

Hot Weather Cautions for Bathing.
Never enter the water when over-heated; rest a little first, and cool off, but not enough to feel cold. Bathing should enter the water when the body is at a glow, not when it is in active or violent perspiration. Never enter the water with a headache; never do so with a full stomach. Nothing can be more dangerous to the system than to contravene these rules, and many have lost their lives by neglecting them. No one should enter the water immediately after dinner; none who wish to avoid the swimmer's bugbear, cramps, should enter it when suffering from acidity of the stomach. The best time for bathing is either before breakfast or between eleven and twelve in the forenoon. All who suffer from delicate constitutions should avoid bathing in the early morning.—Woman's Home Companion.

A Giant Gold Nugget.
United States Consul Smith of Moscow reports that a telegram from Tomsk announces the finding of a gold nugget weighing seventy pounds in the Spassk Preobrazhensk mines, situated on the River Chibyeck, in the Gubernia of Yenassay. The nugget will be found to take the eleventh place, as far as size is concerned, among the nuggets of the whole world, and the second among those found in Russia. The first was found in the South Oural Mountains.

Proposed Alliance With England.
If the United States and England should form an alliance, the combined strength would be so great that there would be little chance for enemies to overcome us. In like manner, when men and women keep up their bodily strength with Hostetter's Stomach Bitters, there is little chance of attacks from disease. The old time remedy enriches the blood, builds up the muscles, steadies the nerves and increases the appetite. Try it.

From twenty to twenty-five large and small establishments exist in New Jersey for the manufacture of nitro-glycerine, dynamite and other high explosives, and both black and smokeless powder.

To Cure a Cold in One Day.
Take Laxative Bromo Quinine Tablets. All Druggists refund money if it fails to cure. 50c.

Chocolate is still used in the interior of South America for a currency, as are coconuts and eggs.

No-To-Bac for Fifty Cents.
Guaranteed tobacco habit cure, makes weak men strong, blood pure. 50c. All druggists.

London journals dwell on the fact that California prunes are very popular in that city.

Lyons & Co.'s "Pick Leaf" Smoking Tobacco does not make every mouth as sweet as a rose, but comes "mighty nigh" to give every one a most delightful smoke. Try it.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c. a bottle.

Pico's Cure for Consumption has made many a doctor's bill—S. F. HARDY, Hopkins Place, Baltimore, Md., Dec. 2, 1894.

The force required to open an oyster is more than 1,800 times its own weight.

Educate Your Bowels With Cascarets.
Candy Cathartic, cure constipation forever. 10c. 25c. If C. C. fail, druggists refund money.

The wren often makes a dozen nests, leaving all but one unfinished and unused.

Eat in Haste

And suffer at leisure. When your abused stomach can no longer cheerfully and properly perform its duties, a few doses of Hood's Sarsaparilla are like fresh water to a withered plant. This medicine tones the stomach, restores digestive strength, creates an appetite and with a little care in diet, the patient is soon again in perfect health. Try it and you'll believe in it.

Hood's Sarsaparilla

Is America's Greatest Medicine.

Hood's Pills cure constipation. 50 cents.

CONSTIPATION

"I have gone 14 days at a time without a movement of the bowels, not being able to move them except by using hot water injections. Chronic constipation for seven years placed me in this terrible condition; during that time I did everything I heard of but never found any relief; such was my case until I began using CASCARETS. Now I have from one to three passages a day, and I was rich I would give \$100.00 for each movement; it is such a relief."

ATYME L. HUNT,
1030 Russell St., Detroit, Mich.

CANDY CATHARTIC

Cascarets

TRADE MARK REGISTERED

REGULATE THE BOWELS

Pleasant, Palatable, Potent, Tastes Good, Do Good, Never Sicken, Weaken, or Gripes. 10c. 25c. 50c.

CURE CONSTIPATION.

Soleing Remedy Company, Chicago, Montreal, New York, 25c.

YELLOW FEVER

PREVENTED BY TAKING

"Our Native Herbs"

THE GREAT

Blood Purifier, Kidney and Liver Regulator.

200 DAYS' TREATMENT, \$1.00.

Containing a Registered Guarantee.

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We pay students railroad fare, and guarantee distinction. Write at once for catalogue No. A.

THE SPANISH ARMADA.

BATTERED AND BEATEN BY THE LITTLE ENGLISH FLEET.

Big Galleons Riddled With Shot and Sent Drifting Towards the Shoals—Begging Sidonia to Surrender—Rescued From Ruins to Meet a More Terrible Fate.

"The Spanish Armada" is the subject of an article in the Century, written by William Frederic Tilton, with an introduction by Captain Alfred T. Mahan. Mr. Tilton says of the defeat of the "Invincible Armada":

In Spain the progress and fortunes of the Armada had naturally been the one all-absorbing theme of boasting or conjecture, in palace and monastery, in street and shop. From every altar of the land fervent prayers for its success were rising. The king himself passed hours of every day upon his knees before the sacrament; and those in waiting on him declared that he often rose in the night, sighing to heaven for victory.

And now came Mendoza's good news. Yet the king, feverish as was his longing for success, was too old a player to put absolute truth in his ambassador's confused report; for the sanguine, magniloquent Mendoza had a reputation for "deceiving himself." So Philip, in an agony of conflicting doubt and hope, shut himself up in the Escorial, and would give no one audience until he should receive more certain tidings.

While Mendoza's ridiculous rumors were circulating through the courts of the Continent, the Armada was in reality flying, crippled and miserable, into the fogs and gales of the German Ocean. For Philip's fleet, if not actually conquered, had been terribly shattered by the incessant, deadly fire of the English gunners in the great fight off Gravelines. When the Spanish admiral, the Duke of Medina Sidonia, counted over his ships after the battle, several were missing, among them those of the two heroes of the day on the Spanish side, the dashing, irresistible soldier-sailors Toledo and Pimentel, who, having fought till, in the words of a Spanish officer present, their cracked galleons were "knocked in pieces, and the crews nearly all dead or wounded," drifted in the black night, helpless, or rather unhelped, away from their consorts toward the Low Country coast.

Yet the Armada had not been utterly routed, and Elizabeth's captains knew this full well. In the evening, just after the fighting had ceased, Howard wrote home that he had "distressed them much," and, though he doubted not, "by God's good assistance, to oppress them," yet he would not "write unto her Majesty till more be done." And even jubilant Drake, who, with the insight of the great seaman, had at once appreciated almost to its full extent the success achieved at Gravelines, still expected to "wrestle a pull" with the Spaniards, and was keeping a sharp eye upon them night and day.

In spite of their exhaustion, the Spaniards had scarcely closed their eyes during the night after Gravelines, fearing every moment to hear their ships strike on the treacherous banks which skirt the Low-Country coast. Soon after day broke their fears were all but realized. The wind had gradually edged to the northward, and was now blowing hard from the northwest. This must have been a fair enough wind for Calais; but Sidonia had no stomach for another fight, and, owing to their crippled state, his ships, bad sailors at best, were now falling off to leeward toward the low line of shoals. With terror the Spaniards saw in front of them the great waves breaking into gray foam on the smooth sands, and close behind them the pursuing English fleet. Sidonia was lagging behind, with his stout-hearted lieutenants, Recalde and Leyva. The pilots declared that the fleet was doomed unless the wind shifted, and that speedily. Chidden-hearted officers begged Sidonia to strike his colors, and at least save ships and lives; but the admiral confessed himself, and resolved to die, if he must, like a true knight of the cross. The English, however, did not attack, believing, as the Spaniards afterwards concluded, the Armada was drifting of itself to sure destruction. Suddenly, by a miracle, as the Spaniards piously thought, the wind veered to the southward. The Armada, rescued from the shoals only to suffer a more terrible fate, eased sheets and sailed out into the deep North Sea, closely followed by the English.

Shaken by the terrible strain of the last ten days, and now utterly unnerved by the narrowness of this last escape from the very jaws of death, Sidonia was in a panic of doubt and despair. So, hastily summoning a council of war, he asked whether he ought to sail back into the Channel. It was voted to do so if the wind came fair, otherwise to "obey the weather," and sail north about to Spain; for, it was urged, hulls were leaking at a thousand shot-holes, the rigging was terribly out up, and the ammunition was nearly all consumed. Promising to turn back if the wind shifted, Sidonia headed his ragged fleet for the Orkneys; yet it may be inferred that he had no wish to face again the tactics of, what he termed "those heretic pirates."

His objection to women's clubs, Professor? Haven't they as good a right to organize themselves into clubs for good-fellowship, mutual entertainment or instruction as men have?

"Oh, yes, madam. I don't question their right to do anything they please. My objection to women's clubs, if I have any, is that nearly all the clubwomen I happen to be acquainted with pronounce it 'program.'"—Chicago Tribune.

A Naval Hero's Story.

From the Times-Herald, Chicago, Ill. Late in 1861, when President Lincoln issued a call for volunteers, L. J. Clark, of Warren, Trumbull Co., Ohio, was among the first to respond. He joined the mortar fleet of Admiral Porter just before the memorable operations on the Mississippi River began. It was at the terrific bombardment of the Vicksburg forts, that the hero of this story fell with a shattered arm from a charge of shrapnel.

After painful months in the hospital, he recovered sufficiently to be sent to his home at Warren, Ohio. Another call for troops fired his patriotic zeal and Clark soon enlisted in Company H, of the 7th Ohio Volunteers. In the army of the Potomac, he was in many engagements. Being wounded in a skirmish near Richmond, he was sent to the hospital and thence home.

Soon afterward he began the study and then the practice of veterinary surgery. Seeking a wider field than the Ohio village afforded, he went to Chicago where he now has a wide practice, is a member of Hatch Post, G. A. R., and lives at 4935 Ashland Ave.

Several years ago Dr. Clark's old wounds began to trouble him. He grew weak and emaciated, and his friends despaired of his life. He finally recovered sufficiently to be out but was a mere shadow, weighing only 90 pounds. The best medical attendance failed to restore his lost strength and vigor. "A friend gave me a box of Dr. Williams' Pink Pills for Pale People," said Dr. Clark, "and they helped me so much that I bought a half dozen boxes and took them. I soon regained my strength, now weigh 150 pounds and, except for injuries that can never be remedied, am as well as ever."

"I consider Dr. Williams' Pink Pills for Pale People the best remedy to build up a run down system, and heartily recommend them to everyone in need of such aid."

DINNER IN HAREM.

Two Items on the Menu Were a Calf and a Kid Roasted Whole.

Mrs. Ramsay, who accompanied her husband on his archaeological tour in Asia Minor, once spent a whole day in a harem. She describes the incidents of her visit in her book, "Every-Day Life in Turkey," from which we condense the description of the Turkish dinner. The ladies of the house, the mother of the master and his two wives, warmly welcomed the stranger and introduced her to several guests. Coffee and cigarettes and slices of melon were handed round shortly after. Then, it being noon, two of the older ladies veiled themselves, and on prayer carpets spread toward Mecca, spent a quarter of an hour in devotion, while the other ladies smoked, laughed and chatted. Some of the women went into the garden, where they romped like schoolgirls at hide and seek.

At four o'clock preparations began for dinner by putting a table cloth of patchwork under the table and placing on it a four legged stool turned upside down. Upon it was laid a large, round metal tray three feet in diameter, round the edge of which was piled bread. A basin, ewer and napkins were carried to the guests that they might wash their hands and several of the more devout, calling for prayer carpets and veils, said their prayers before dining. Pillows were placed round the table and the guests took their places, sitting Turkish fashion. A narrow napkin, many yards in length and with embroidered borders, encircled the table, lying in loose folds on the knees of the diners.

The first course, served in the earthenware pot in which it had been cooked, was called pishmish, and was composed of rice, onions, sour milk, cheese and fat. The pot was placed in the middle of the table, and all the guests supped as much as they wanted with neat black wooden spoons with colored beads set in their handles.

The second course was a calf—entire from head to hoof—boiled until the bones fell out, and smothered in a mass of finely shredded garlic. It was eaten with the fingers of the right hand—the tips of two fingers and the thumb. What remained of the second course—a little garlic and the bones—was removed, and a huge cream tart was placed on the table. The flaky pastry and the fragrant, rich cream having been eaten, the dish that had contained the cream was replaced by another piled with dolmaches—a mixture of mince-meat and rice wrapped in vine leaves.

That was succeeded by a great bowl of cherries cooked in honey and eaten with an ivory spoon. Mrs. Ramsay, although she had eaten to repletion, made a show of enjoying the sweet, lest her refusal should cause the removal of the dish untasted by hosts too polite to eat what their guest had declined.

A kid, roasted whole and stuffed with pistachio nuts, followed the cherries, and that was succeeded by another dish of sweets. Then came fowls, vegetables, meats and fruits and last of all a pilau.

"Now," said Mrs. Ramsay's left-hand neighbor, with a sigh and a smile, "if you are done, we may retire from the table." She had been done for three long hours, and with grunts and sighs all arose. The basin and ewer were again handed round, and then cigarettes and coffee.

It is stated on German authority that the astounding number of 2,000,000 glass eyes are made every year in Germany and Switzerland, while one French house manufactures 300,000 of them annually.

Don't Tobacco Spit and Smoke Your Life Away. To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take No-To-Bac, the wonder-worker, that makes weak men strong. All druggists, 50c. or 60c. Cure guaranteed. Booklet and sample free. Address: Sterling Remedy Co., Chicago or New York.

Wisconsin has 9,000 Indians of various tribes.

Schley under Farragut.

Commodore Schley is described as five feet nine inches in height, with blue eyes, a mustache and imperial, both gray; his hair is growing thin on top, but he artfully brushes it so as to hide the bald spot; he weighs about 170 pounds, is restless in manner, walking up and down and all around the person to whom he is talking; is modest in dress and democratic in all things. In the Civil War Schley had command of a gunboat under Admiral Farragut, and they tell this story to illustrate how he fights:

Farragut summoned him one morning, and, pointing to a Confederate fort said:

"Do you see that place, Schley? Go knock it to pieces."

Schley went, and was hammering the forts to bits when his Quartermaster rushed up to him and said:

"Captain, the Admiral has signalled us to stop and return to the fleet."

"To thunder with the signal! I won't see it," answered Schley.

He kept pounding away at the fort until it was in ruins. Then he returned to the fleet. Farragut was angry and summoned him. Before all the officers of the flagship he gave Schley a fierce dressing down for not obeying the recall signal.

"I didn't see it," protested Schley.

"You must have shut the eye that you put the glass to," said Farragut.

After again raking him fore and aft for his disobedience the Admiral took him into the cabin out of sight of the other officers and gave him one of the finest cigars in his locker.—Syracuse Standard.

The Spanish Pretender's Opportunity.

It is an interesting bit of history that Don Carlos, the Spanish pretender, might have been King of Spain if he had been willing to abate his claim to rule as an absolute monarch. The present Prime Minister, Sagasta, went to him in 1868 and offered him the crown on the condition that he would sign a constitution and be a limited monarch. He was then but nineteen years of age, but he replied like a true Bourbon: "I will sign nothing. When I come to my throne I will rule my land as I and the ministers I choose see fit." He still holds the same rigid notions of what true kingship is. For that reason he is likely to die uncrowned.—Baltimore Sun.

Beauty Is Blood Deep.

Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic, clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin to-day to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

About 4,000,000 copies of the Bible are sold every year.

Try Allen's Foot-Ease.

A powder to shake in the shoes. If you have smarting feet or tight shoes, try Allen's Foot-Ease. It cools the feet and makes walking easy. Cures swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of pain and gives rest and comfort. Try it to-day. Sold by all druggists and shoe stores for 25c. Trial package FREE. Address, Allen B. Olmsted, Le Roy, N. Y.

Fits permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$3 trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 581 Arch St., Phila., Pa.

E. B. Walshall & Co., Druggists, Horse Cave, Ky., says: "Hall's Catarrh Cure cures every one that takes it." Sold by Druggists, 75c.

In India there is a fly which attacks and devours large spiders.

To Cure Constipation Forever. Take Cascarets Candy Cathartic. 10c or 25c. If C. C. fail to cure, druggists refund money.

A Musical Difficulty.

Mr. Hatch—"Miss Earby is forever talking about her talent for playing string instruments."

Colonel Lay—"Assuredly always harping on the subject."

TUMOR EXPELLED.

Unqualified Success of Lydia E. Pinkham's Vegetable Compound.

Mrs. ELIZABETH WHEELLOCK, Magnolia, Iowa, in the following letter describes her recovery from a very critical condition:

"DEAR MRS. PINKHAM:—I have been taking your Vegetable Compound, and am now ready to sound its praises. It has done wonders for me in relieving me of a tumor."

"My health has been poor for three years. Change of life was working upon me. I was very much bloated and was a burden to myself. Was troubled with smothering spells, also palpitation of the heart and that bearing-down feeling, and could not be on my feet much."

"I was growing worse all the time, until I took your medicine."

"After taking three boxes of Lydia E. Pinkham's Vegetable Compound Lozenges, the tumor passed from me."

"My health has been better ever since, can now walk quite a distance and am troubled no more with palpitation of the heart or bloating. I recommend your medicine to all sufferers from female troubles."

It is hardly reasonable to suppose that any one can doubt the efficiency of Mrs. Pinkham's methods and medicine in the face of the tremendous volume of testimony.

HOW TO MAKE FROM \$10 TO \$15 PER WEEK.

No hunting. Full particulars sent upon receipt of 10 cts. in silver or self-addressed stamped envelope. L. W. HUFF, Jr., Atlanta, Ga.

Habit. Only guaranteed painless home cure. No interference with work. No publicity. Sample free. DR. PURDY, Dept. H, Houston, Texas.

OPIUM.

Free. DR. PURDY, Dept. H, Houston, Texas.



There's nothing in Ivory Soap but soap, good, pure vegetable oil soap. There's nothing to make the linens streaky, no alkali to injure the finest textures. The latter forms quickly and copiously, and wash-day is a pleasure instead of a drudgery. Try it in the next wash. The price places it within reach of every one. Look out for imitations.

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A HEALTHY BRIDE IS A HAPPY ONE.

EVERY woman is under obligations to herself and the man she marries to be in the most healthy condition possible. She should be free of all female diseases and menstrual irregularities, because the condition of the wife makes or mars the home. Don't delay because you dread to consult a doctor, for a consultation is unnecessary. Get a few bottles of

GERSTLE'S FEMALE PANACEA

Trade (G. F. P.) Mark.

and treat yourself in the privacy of your home. It will cure you. If there is any costiveness or indigestion, remove it with a few mild doses of St. Joseph's Liver Regulator. Write us, if your case is complicated, and we will instruct you, free of charge, how to use these famous remedies.

For more than eleven years, and has tried everything she could get, as well as several doctors, but nothing did her any good. Last spring I commenced giving her Gerstle's Female Panacea which gave immediate relief and benefited her greatly at her monthly periods.

W. E. TURNER, St. Stephens, Ala.

L. GERSTLE & CO., Proprietors, Chattanooga, Tenn.

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CURES INDIGESTION, DYSPEPSIA

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